



(Photo by Sgt. Mike Pryor 2-82 Abn. Public Affairs)

A day at the market

Spc. Daniel Wester draws surprised looks from shoppers during a patrol through an open air market in the Sha'ab neighborhood of Baghdad May 7. Wester, a Monticello, Iowa native, is a medic with Headquarters Company, 2nd Battalion, 325th Airborne Infantry Regiment, 2nd Brigade Combat Team, 82nd Airborne Division.

Iraqi & coalition forces focused on Rashid District

By Master Sgt. Dave Larsen
1st Cav. Public Affairs

CAMP LIBERTY, Iraq -The addition of two brigades to Baghdad over the past several months has had a positive impact, according to the Multi-National Division - Baghdad commanding general.

"It makes a huge difference, not only for our forces but for the Iraqi forces, as well," said Maj. Gen. Joseph F. Fil Jr., commander of MND-B and the 1st Cavalry Division. "It gives us the ability to provide a combined presence across the

city."

Clearing operations set the stage for a permanent presence by coalition and Iraqi security forces.

"There were areas before where, essentially, we didn't have troops to provide to them," Fil said. "While we're not in every single neighborhood and on every single street corner, we are in every single security district with enough force to make a difference."

Clearing operations in West Rashid began last week by Iraqi security forces and elements of the 3rd Stryker Brigade

Combat Team, 2nd Infantry Division based out of Fort Lewis, Wash., and the 4th Infantry Brigade Combat Team, 1st Infantry Division from Fort Riley, Kan.

The operation underway in the Rashid District has been dubbed Operation Dragon Fire West. It kicked off May 2, and netted 22 detainees and 11 caches in the first four days of the operation.

Besides the main effort in the Rashid District, there were 28 combined operations, at company level or higher, conduct-

See **Rashid** Page 3

Air Cav luncheon recognizes outstanding volunteers

By Sgt. Robert Strain
1st Cav. Public Affairs

FORT HOOD, Texas - The rear detachment for the 1st Cavalry Division's 1st Air Cavalry Brigade honored their outstanding volunteers from the past year during a luncheon here May 1.

This year's ceremony honored more than 100 volunteers who helped out with many things from putting together and sending care packages to helping out at local schools, said Maj. Shane Curtis, the brigade's rear detachment commander.

Curtis explained that these volunteers help out in many ways, including sharing information between families and the unit and helping to bring the unit's families together with holiday parties. They also help out families who are going through rough times during the deployment, such as families of wounded Soldiers or those with newborn babies, Curtis added.

"They're always there to pitch in and help other family



(Photo by Sgt. Robert Strain, 1st Cav. Public Affairs)

Col. Daniel Shanahan (seated, center on screen), the commander of the 1st Cav. Div.'s 1st ACB, addresses volunteers at the brigade's annual volunteer recognition luncheon May 1 at Fort Hood's Phantom Warrior Center.




members, and they don't even know them," Curtis said. The luncheon featured a video message to the volunteers and families from the brigade's commander, Col. Daniel Shanahan, as well as each bat-

talion's commander, all of whom are currently deployed to Camp Taji, Iraq.

Shanahan and the battalion commanders thanked the brigade's volunteers for everything they do to support the "Warrior" Brigade's

Soldiers and family members during the deployment. "The things that you do as volunteers are special," Shanahan said in his video address. "[The] love and support is like nothing else, and we thank you for that everyday."



Iraq 3-Day Weather Report			
	Today	Tomorrow	Sunday
High: 103 Low: 75	High: 102 Low: 73	High: 103 Low: 73	

Commanding General: Maj. Gen. Joseph F. Fil, Jr.
Public Affairs Officer: Lt. Col. Scott Bleichwehl
Command Information Supervisor: Master Sgt. Dave Larsen
NCOIC, Print Production: Sgt. Michael Garrett
Editor: Spc. Shea Butler
Staff Writers: Sgt. Nicole Kojetin, Spc. L.B. Edgar, Spc. Jeffrey Ledesma, Pfc. Ben Gable, Pfc. William Hatton
Contributing Writer: Sgt. Robert Strain

Contact the *Daily Charge* at VOIP 242-4093, DSN 318-847-2855 or e-mail david.j.larsen@mnd-b.army.mil.

The *Daily Charge* is an authorized publication for members of the U.S. Army. Contents of the *Daily Charge* are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or the 1st Cavalry Division. All editorial content of the *Daily Charge* is prepared, edited, provided and approved by 1st Cavalry Division Public Affairs Office.



(U.S. Army photo)

Iraqi children from a southwestern Baghdad neighborhood crowd in on Soldiers from Company B, 1st Battalion, 23rd Infantry Regiment, 3rd Stryker Brigade Combat Team, 2nd Infantry Division, to get a photo taken May 6.

Operations in Rashid

Rashid

From Page 1

ed in and around Baghdad from April 29 through May 6. In these combined ventures with Iraqi security forces, 47 caches were seized, an increase of 10 from the week prior.

Among the weapons and ammunition taken off the streets were 113 mortar rounds, 35 rocket-propelled grenade rounds, 58 AK-47 assault rifles and more than 6,000 rounds of small arms ammunition.

Besides seizing weapons and ammunition, the security operations have netted 123 insurgent suspects.

"Many of the suspects are picked up during targeted operations, thanks to tips from the local populace," said Maj. Kirk Luedeke, spokesperson and public affairs officer for the 4th Infantry Brigade Combat Team, 1st Infantry Division. "The key to continuing success is the permanent pres-

ence of security forces in Baghdad neighborhoods - both Iraqi and coalition, patrolling the city's streets."

Iraqi security forces and Soldiers from the MND - B surpassed the quarter-million-mark for total security patrols in and around Baghdad since Operation Fardh Al-Qanoon began in the Iraqi capital in mid-February.

More than 264,000 security patrols have been conducted thus far.

Deliberate efforts to target bomb-making cells have been a priority for MND-B, with a focus on dismantling the networks which produce them. Several cell leaders have been recently detained, believed responsible for deadly explosively-formed projectile bomb attacks.

The daily presence of security forces on Baghdad streets continues to show progress, Fil said.

"I think we're making good progress," he said. "Are we as far as we want to be? I would always want to go farther and faster, but we're on track."

Baghdad in Brief

Kidnap victim helps foil car bomb plot

BAGHDAD - A suspected kidnap victim turned himself into Iraqi Army troops at a traffic control point in western Baghdad May 9, telling the soldiers he had been ordered to drive a car bomb to the checkpoint.

The man approached the control point in a vehicle then stopped short, got out and ran up to the Iraqi security forces, claiming he had been kidnapped two days earlier. He said he had been ordered to drive his vehicle to the checkpoint.

The man told the troops he believed the vehicle was a car bomb. This was confirmed. Moments later, the car exploded.

There were no injuries from the detonation. The man was taken into custody for further questioning.

The incident is under investigation.

IA troops repel attack on Adhamiyah hospital

CAMP TAJI, Iraq - Soldiers from the 1st Battalion, 2nd Brigade, 6th Army Division successfully repelled an attack by insurgents on the Al Numan Hospital, in Baghdad's Adhamiyah District May 9.

The Joint Security Station in Adhamiyah was tipped off to the impending attack by a caller. The JSS notified Soldiers near the hospital who responded to the threat.

Iraqi Army troops engaged insurgents at the back of the hospital. The Soldiers killed one insurgent and wounded another trying to climb over a security wall carrying duffle bags of weapons and explosives. Three Iraqi Army soldiers were wounded defending the hospital. Reinforcements arrived quickly from the Joint Security Station. The wounded were treated and evacuated by the Iraqi troops.

Following the failed insurgent attack, one AK-47, three AK-47 magazines, one hand grenade and one 60mm mortar round was rigged to explode with a hand grenade fuse were found behind the hospital. The insurgents were attempting to emplace at least one improvised explosive device in the hospital.

Keeping that natural high to stay alive

By Sgt. Nicole Kojetin
1st Cav. Public Affairs

Adrenaline.

We all know what it is and for the guys on the ground they probably get a daily dose of the self-manufactured drug. For me, a "Fobbit" (Forward Operating Base Inhabitant, for the uninitiated) thus far on this deployment, my adrenaline gland hasn't really been working all that hard.

If I was in the predicament that Chev Chelios (Jason Statham) woke up to find himself in, I would be a goner.

The Lion's Gate film Crank opens with Chev barely being able to move and stumbling around his apartment to discover he had been injected by a nasty drug cocktail that is slowing down his heart.

Chev, a hit man, decided not to kill his last job. He wanted to give his unlawful lifestyle the heave-ho for his innocent, pot-head girlfriend, Eve (Amy Smart). The "bad guys" (the people that he actually worked for) found out and are trying to make sure that the poison slowly pumping

Random Review

By Sgt.
Nicole
Kojetin



through his system gets the chance to work.

Rage consumes him and after destroying his nice flat screen television, all Chev wants to do is get the guy who did this, and kill him before death reaches him.

He figures out that if he can keep his heart racing he will live... at least for now. Drugs don't work. What he needs is adrenaline.

Now, I am not a big fan of tracking directors or commenting on how a scene is framed. Really, I am just a plot girl. If it entertains me, I give it a good score. If it doesn't, I give it a bad score. I am not usually into all that technical stuff, but I can say on this one, they did a fantastic job of making the audience feel how frantic Chev was as he scrambles to keep his heart rate

up.

In some of the scenes, we see the world through his eyes. When his heart slows down, the world blurs. When his adrenaline kicks in, the world shakes. The audience gets a little taste what our main character is feeling, though sometimes it makes you want to vomit as you try to focus on the screen. The method is very effective.

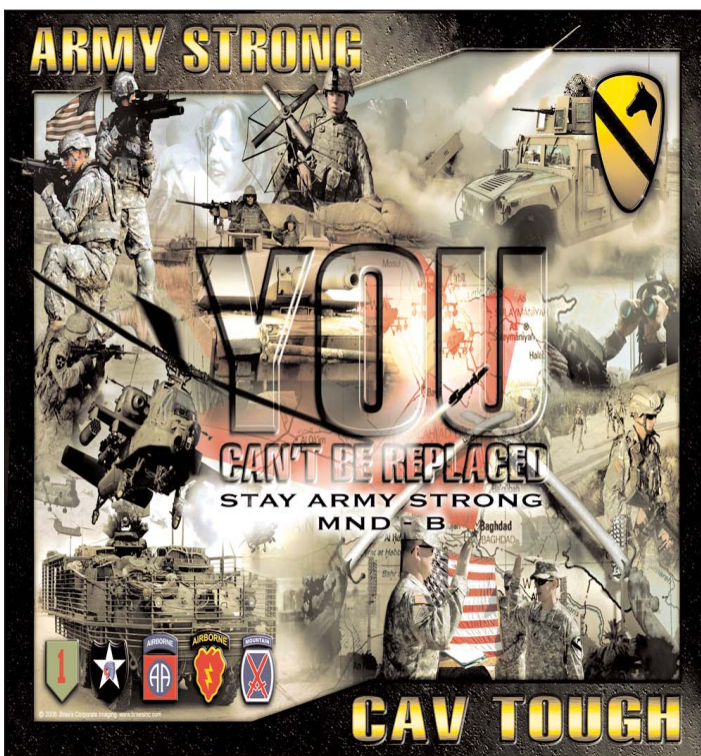
I was entertained, and even laughed a time or two about the ridiculous things that occur.


I had one peeve about the flick, though.

Women in this movie are used as props. Seriously, what is the purpose of having a woman half-naked lounging in a plastic bubble? Yeah... there isn't one, except that it proves that I was watching a guy film. ("Guy film" just doesn't sound as cool as "chick flick.")


Overall though, it was an enjoyable, fast-paced movie, with a dramatic, unexpected ending.

(4 out of 5 stars!)





OPERATION IRAQI FREEDOM




Taking the Heat

into account...

Heat Injury Prevention:

The following are actions to be taken to help prevent dehydration and overheating during exercise.

1. Adequate hydration before exercise is the best prevention. Consume 8-10 ounces of water, 10-20 minutes before beginning a light workout.
2. Insist on warming up.
3. When exercising for one hour or more, take breaks to consume additional water. Recommend at least three ounces every 20 minutes.
4. Avoid salt tablets. An individual should rely on the use of water alone to prevent heat injury.
5. Wear clothing that allows evaporation and ventilation. This means dressing in light, loose-fitting clothing during hot weather exercise.



STAY ALERT --- STAY ALIVE